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DOWN SOUTH, THE FAMILY THAT SUPLEXES TOGETHER, STAYS TOGETHER {page 24}

CONAN
HE'S BACK ON LATE-NIGHT TV
SCENE {page 17}

TORONTO metro®
Monday, November 8, 2010
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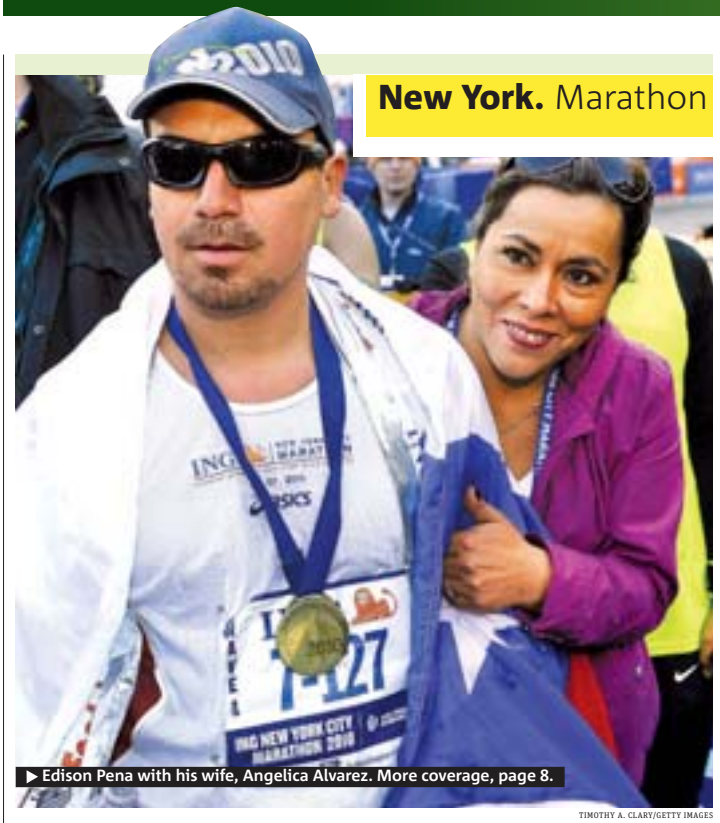
News worth sharing.

New York. Marathon



▶ Edison Pena with his wife, Angelica Alvarez. More coverage, page 8.

TIMOTHY A. CLARY/GETTY IMAGES

Chilean miner Edison Pena finishes the New York City Marathon yesterday, crossing the Central Park finish line with a time of five hours 40 minutes 51 seconds. The 34-year-old survivor beat his own goal: To complete the course through the city's five boroughs in six hours.

Getting blood from a cell

Medical breakthrough creates promising possibilities {page 3}

Different home, same result

Buffalo Bills fall in NFL game at the Rogers Centre {page 31}

Can you say yes in advance?

▶ Group worries any legal recognition of 'advance' sexual consent could imperil women, particularly vulnerable ones ▶ Debate around Supreme Court case

The notion of "advance" sexual consent will be up for debate today as a women's group appears before the Supreme Court in an effort to protect assault victims.

"This case has the potential to significantly change sexual assault law, and in a way will be potentially dangerous for the real lives of women," said Joanna Birenbaum, legal director for The Women's Legal Education and Action Fund (LEAF).

The Toronto-based organization will appear before the Supreme Court in the case of R. vs. J.A. to argue the court should not introduce the concept of "advance" consent to sexual relations into Canadian law.

"This will be turning the clock back 20 years and risks re-introducing implied consent into Canadian law when it has been so definitely rejected both by the legislature and the Supreme Court of Canada," said Birenbaum.

The case involves a woman who reported she was sexually assaulted by her common-law spouse, identified in court documents as J.A. On the night in question, J.A. strangled the woman into unconsciousness and when she awoke, she found herself bound and being penetrated with a sex toy. The accused said the woman consented "in advance" to the strangulation and the penetration that would take place while she was unconscious. THE CANADIAN PRESS

Defining 'advance consent'

Blair Crew, a criminal law professor who is also with the University of Ottawa's community legal clinic, said there's no doubt the case could set a significant precedent.

- "It reaches to women who are passed out after they are drunk, who are passed out after being administered a drug, women who are asleep," said Crew.
- Crew explained that even today the law implies that consent must be ongoing, but doesn't explicitly spell it out.
- Regardless of which way the Supreme Court rules, Crew said the case should ultimately result in a clear understanding of whether "advance consent" is acceptable.

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Hamilton scientists convert skin cells to blood

A patch of skin as small as 12 square centimetres can generate sufficient blood for transfusions

In a world-beating medical breakthrough, Hamilton researchers have created human blood directly from adult skin cells.

Efficient enough to produce usable amounts of blood for transfusions, the technique also opens the possibility of creating other transplant tissues without the arduous and time-consuming step of making embryonic stem cells first.

"We have taken very young patients' skin cells and patients as old as 80," says Mick Bhatia, director of McMaster University's Stem Cell and Cancer Research Institute. "And we can convert the cells always to blood."

The new discovery holds out hope for all kinds of transfusion advancements, especially for cancer patients whose blood systems are often badly compromised by chemotherapy.

The finding, released yesterday by the journal Nature, could also help stock overburdened blood banks. While the technique is not yet producing blood for clinical use, calculations show that, even in the worst cases, it could create enough for successful transfusions.

TORSTAR NEWS SERVICE

Blood supply

- Cancer treatment is one area in which a supply of healthy blood cells is critical, said Christine Williams, director of research at the Canadian Cancer Society.
- For patients with solid organ tumours who are taking high doses or a prolonged regimen of chemotherapy, being able to generate new blood cells from a patient's own skin would mean not having to interrupt treatment to keep the drugs from destroying the blood system.
- Williams says that necessary break in treatment can give the tumour a chance to regrow, risking the development of tumour cells resistant to chemotherapy.

CNE. Rodeo

▶ Kendel Simpson rides during a trick riding demonstration at the Royal Winter Agricultural Fair Rodeo at the Ricoh Colliseum yesterday.

ANDREW WALLACE/TORSTAR NEWS SERVICE

Flying high at the Royal Winter Fair

The Royal Winter Agricultural Fair, which one cattle breeder at the event called "the Olympics of the 4-H world," runs Nov. 5-14 at the CNE. The 88th annual event features animal attractions and agricultural innovations.

Kandahar more familiar than Vimy Ridge: Poll

Vimy Ridge and Juno Beach are vaguely familiar, but it's Kandahar that really rings a bell, especially among younger Canadians.

A new poll from The Historica-Dominion Institute suggests Canadians know the most about the war in Afghanistan, with young people leading the way.

While questions about the ongoing Afghan war netted the most correct responses (an average score of 69 per cent), young adults aged 18 to 34 were the most knowledgeable on our country's latest combat role.

72% When asked about the Afghan mission, young people scored an average of 72 per cent, compared to 69 per cent among middle-aged Canucks and 66 per cent among those over 55.

THE CANADIAN PRESS

KEVIN SCANLON/THE CANADIAN PRESS

▶ Tim Harcourt of Guelph, Ont., at the Canadian National Vimy Memorial in Vimy, France yesterday.

News in brief

Man crushed to death

INVESTIGATION. A man was crushed to death after being pinned between his car and the wall of a parking garage in Toronto. The 36-year-old man was trying to access the garage at his apartment building at 96 Jameson Ave., just before 5 a.m. It is believed that he was leaning out of the car, toward the key box.

Police Sgt. Suzanne Walsh says the car suddenly moved forward, then the door swung and pinned his head.

THE CANADIAN PRESS

Noor Centre founder dies

RELIGION. Hassanali Lakhani, known in Toronto's Islamic community as a philanthropist and a visionary, passed away early yesterday morning.

His efforts to unite Muslims and celebrate Islamic culture live on in the Noor Cultural Centre he founded in 2003.

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1 news

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Defence Minister Peter MacKay discusses Canada's future non-combat role in Afghanistan. Video at metronews.ca/canada

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Point of Access

Centre meeting health, social service needs in priority neighbourhoods
Community hubs connect poor and newcomers with vital services

For more years than anyone can remember, 3079 Danforth Ave., was a busy paint and wallpaper store.

These days, residents of Crescent Town are doing a different kind of shopping there.

The paint and tiles are gone and the building transformed into a gathering place for the community where a slew of health, social, youth and community services are all under one roof.

Located just east of Victoria Park, AccessPoint Danforth has been operating since August but celebrated its official opening a few days ago. Already, it's becoming the heart of the community.

More than 400 people, many of whom rely on the centre's services, attended the housewarming for the city's second so-called community hub.

In Crescent Town, there has long been a dearth of health and social services for residents — many of them poor and newcomers.

For executive director Axelle Janczur, AccessPoint Danforth is the realization of a dream.

"It was an evolving vision," Janczur said of the process.

"We're responding to the needs of the community. We're here to address the issues."

TORSTAR NEWS SERVICE

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Nahom Berhane, of the centre, stands outside the colourful building. Access Point on Danforth is a centre that brings together a number of services from health care to youth programs, and greatly serves newcomers to Canada.

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ACC. Anderson

▶ Former NHL star Glenn Anderson takes off on a breakaway yesterday. The Canadian Legends tied the USA Legends 10-10 yesterday.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Some old-time hockey

Fear of fours deep-sizing sales?

A Markham couple downsizing for retirement got a rude lesson recently in Chinese numerology.

Graham and Lucie Canning moved into a neighbourhood near Highway 7 and Woodbine Avenue in 1984, when it was "pretty much an Anglo community," Graham Canning says.

Over the years the neighbourhood's ethnic composition shifted to favour people of Hong Kong origin.

Such changes suited the Cannings, who continued to live happily in the area. But when they recently prepared their house for sale, a real estate agent gave them a surprise. In Hong Kong Cantonese, the word "four" is a homonym for "death" — different meanings, same sound — and the Cannings live at No. 4.

"Tetraphobia," fear of 4, entered their vocabulary.

Having a four in the address can lower a home's value — "Agents estimate anywhere between $25,000 and $35,000," says Graham Canning.

2 More than a dozen Markham homeowners have requested changing their street address in recent months — mostly to 2 on streets where there is no existing 2.

"That's about right," says Derek Wu of Concept 100 Transcanada Realty in Markham, who is not the Cannings' agent but is knowledgeable about such sensitivities.

The Cannings want their house number changed.

Last Tuesday, they appeared before Markham's development services committee, which rejected their request for a change in a 7-4 vote. TORSTAR NEWS SERVICE

FUTURE SHOP exciting stuff

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Get Call of Duty: Black Ops at midnight!

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The Xbox street teams will be there, giving away awesome Future Shop exclusive Black Ops gear, hoodies, T-shirts and dog tags. Get there early because these items will go fast! Event starts at 9pm.

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* Doors open at 11:59pm November 8. Quantities will be limited. While supplies last. No rainchecks. See online for details.

** Special event at Heartland location only. All Ontario stores (excluding Sudbury) open at midnight for Call Of Duty: Black Ops release.

Prices and product in effect November 9, 12:01am - 1:30am or while supplies last. No rainchecks, 2010. References to savings or sale prices are comparisons to Future Shop regular prices. Prices and payments are subject to applicable taxes before programming credits. **ADVERTISING POLICY:** Some products in this ad may be slightly different from illustrations. Not all products are available in all stores. Future Shop is committed to accurate pricing. Website prices, products, and promotions may differ from our retail store offerings. Future Shop reserves the right to correct errors. Special offers cannot be combined or applied to previous purchases. We reserve the right to limit quantities. Terms and conditions subject to change without notice.

New fall report cards simpler than A, B, C

Educators have long held that fall reports are issued before elementary students can be properly graded

Don't look for grades when your kids bring home their fall report card.

As, Bs and Cs have been replaced with check marks in this less-formal, first "progress report" of the year for Ontario's elementary students, being sent home this month.

Now learning skills such as responsibility, initiative and self-regulation — goal-setting and "persevering" when challenged — have taken priority. How children are progressing in each subject — either very well, well or with difficulty — comes next, and all with comments that should be in simple, straightforward language.

The new report poses a shift in thinking, for both teachers and families, and is a move away from the Canadian norm of three graded report cards a year.

"We really wanted those learning skills up front" because they are the foundation for learning, said Joan Hamilton, principal of Roberta Bondar Public School in Brampton, whose staff helped pilot the reports three years ago.

It was important that the report be ungraded, she added. Not focusing on a mark "helps us focus on how do we improve . . . If a parent sees a mark, that's where they get stuck."

TORSTAR NEWS SERVICE

Fundamentals

- Across Canada, most school boards still provide three graded reports in elementary school.
- But there's been a move among educators to add the learning skills because they affect all subject areas, said Mary-Lou Donnelly, president of the Canadian Teachers' Federation.
- "A really big part of it is opening up the doors of communication with parents and teachers," she said, adding that follow-up parent-teacher interviews are a must.

Statue. Tears

▶ Visitors line up at the popular and controversial Virgin Mary statue that was once located in Fadia Ibrahim's front yard in Windsor, Ont.

DAVE CHIDLEY/THE CANADIAN PRESS

Windsor idol relocates

The owners of a statue of the Virgin Mary, which has purported healing powers, have moved the sculpture to a church in order to deal with huge crowds of pilgrims. The statue is now located at the Charbel Maronite Catholic Church in Oldcastle, Ont., south of Windsor. The porcelain statue is said to smile during the day and weep tears of oil at night.

Canadian universities want India's students

Fifteen Canadian university presidents begin a seven-day visit to India today.

Their mission: to sell their schools as the place to study for the children of the booming middle class of the world's most populous democracy.

With its population topping 1.1 billion and millions of middle class students seeking the right place to get a degree, Canadian universities hope India is ripe for the picking.

Presidents from Queen's and Wilfrid Laurier are among those who will try to entice students to Canada. THE CANADIAN PRESS

3,000

In 2008, of the approximately 160,000 Indian students who studied abroad, only about 3,000 came to universities in Canada.

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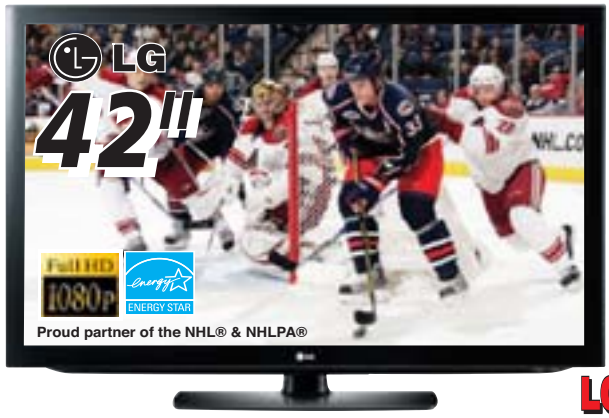

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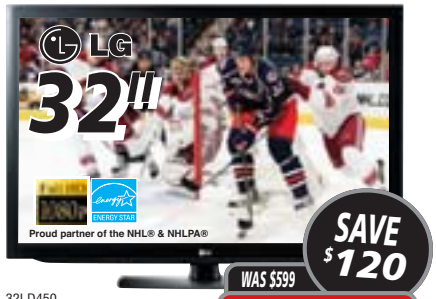

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JERUSALEM

Docs show land sold for cheap

A string of Israeli governments has helped cement the Jewish presence in Arab areas of Jerusalem by selling or leasing property to settler groups at bargain prices, court documents released yesterday show.

The establishment of these Jewish enclaves appears meant to make partition of Jerusalem along ethnic lines — generally seen as a key aspect of any future peace deal — exceedingly difficult.

Buildings were sold to Jewish settler groups in and around the sensitive Old City of Jerusalem at a fraction of the going market rates by governments that were involved in peace talks with the Palestinians, who claim those same areas. THE ASSOCIATED PRESS

Former GG begins UN duties

Canada's former governor general Michaelle Jean is set to begin her new duties with the United Nations.

Jean will be officially named UNESCO's Special Envoy to Haiti at a ceremony in Paris today.

Jean was born in the Haitian capital of Port-au-Prince in 1957 before moving to Canada. THE CANADIAN PRESS

Finding the source of the smell

A group of Alberta landowners who've been fighting a tar-like stench will be getting support from the people who are believed to be the source — the oil industry. Carmen Langer of the Three Creeks Emissions Working Group says Alberta's oil industry regulator had been paying for their group's meeting rooms and a mediator. THE CANADIAN PRESS

Mumbai. Dance

▶ U.S. First Lady Michelle Obama shakes a leg with school children yesterday.

THE ASSOCIATED PRESS PHOTO

First lady dances in India

U.S. President Barack Obama tried hard to avoid it, but he couldn't escape being pulled into a dance by schoolchildren celebrating the Indian holiday of Diwali, or the festival of lights. Obama sat for a period of time yesterday and watched admiringly as his wife, Michelle, joined girls dressed in colourful hues of blues, greens, pinks and orange in a swaying dance with graceful hand gestures.

King of New York

Chilean miner finishes marathon with the courage that helped him survive cave-in ◐ Ran while trapped

A Chilean miner ran, walked and hobbled his way to the finish line of the New York City Marathon yesterday, showing the passionate grit that helped him survive more than two months trapped underground.

Edison Pena crossed the Central Park finish line with a time of five hours, 40 minutes, 51 seconds. He was draped in a Chilean flag as Elvis music played over the speakers. The 34-year-old survivor had beat his own goal — to complete the course through the city's five boroughs in six hours.

Bags of ice covered his swollen knees as a grim-faced Pena covered the last part of the 42.195-kilometre course. "First, I want to run this marathon, but secondly, I'd like to motivate those people who aren't running the marathon to do so in the future," he said before starting yesterday morning.

Pena's personal victory came just weeks after he was still training in near-darkness, jogging each day 700 metres underground in stifling heat and humidity. He and 32 other men survived 69 days in the caved-in mine. THE ASSOCIATED PRESS

Retirement

▶ World-record holder Haile Gebrselassie stunned the running world by announcing his retirement yesterday after dropping out of the New York City Marathon.

IN CONVERSATION

Shilpi Somaya Gowda

Monday, November 8th, 7pm
Indigo Manulife Centre

Join Indigo's Chief Booklover **Heather Reisman** in conversation with debut author **Shilpi Somaya Gowda** about her poignant novel, *Secret Daughter*.

Book signing to follow.

Nora Ephron

Wednesday, November 10th, 7pm
Indigo Manulife Centre

Indigo's Chief Booklover, **Heather Reisman** will interview bestselling author and writer-director **Nora Ephron** as they discuss the state of modern life and taking a cool, hard, hilarious look at the past, the present, and the future in *I Remember Nothing: And Other Reflections*.

Book signing to follow.

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[1]Round-trip flights start at only 950 reward miles. Rewards featured are subject to the Terms and Conditions of the AIR MILES Reward Program and are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. Collectors must pay taxes, fuel surcharges and other applicable charges and fees for flight Rewards. Visit airmiles.ca or call the AIR MILES Customer Care Centre at 1-888-AIR MILES (in Toronto (416) 226-5171). [2]Award of AIR MILES reward miles is made for purchases charged to your account (less refunds) and is subject to the Terms and Conditions of your BMO MasterCard Cardholder Agreement. If you cancel your card within 30 days of opening your account and your annual fee is rebated, the Bonus reward miles will be cancelled. Bonus cannot be combined with any other offer.

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Election. Myanmar

▶ Myanmar activists shout slogans during a protest rally against their home country's elections in front of Myanmar's embassy in Tokyo yesterday.

ITSUO INOUYE/THE ASSOCIATED PRESS

Democracy hijacked?

Voters in Myanmar's first election in 20 years cast their ballots yesterday amid both a barrage of criticism that the balloting was rigged in favour of the ruling military regime, and hope that some change toward democratic reform might nonetheless follow.

Putin gets fast and furious

Vladimir Putin just cannot stay away from manly pursuits.

The Russian prime minister took a Formula One race car out for a spin on Sunday, reaching speeds of almost 240 km/h.

Putin signed a deal last month with Formula One chief Bernie Ecclestone to bring F1 racing to Russia starting in 2014, and his televised test drive could help raise the profile of the sport in Russia.

The stunt also matches the action-man image Putin has cultivated over the years, beginning with his startling flight into Chechnya in 2000 in a fighter jet. Over the years, Putin has been seen flipping opponents on the judo mat, riding a horse bare-chested through the mountains and swimming in a Siberian river. This summer he showed his prowess by firing darts from a crossbow at a grey whale. THE ASSOCIATED PRESS

ALEXEI DRUZHININ/THE ASSOCIATED PRESS

▶ Vladimir Putin

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45	$18	$26	$38	$14	$18	$27
50	$17	$35	$60	$13	$26	$40
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65	$63	$148	$291	$41	$96	$185

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Legal decision day

- Ninety per cent of those eligible have agreed to the deal, as of Friday
- Ninety-five per cent of plaintiffs must opt in for deal to become effective

Thousands of labourers, police officers and firefighters suing New York City over their exposure to toxic dust from the World Trade Center have until today to decide whether to join a legal settlement that could ultimately pay them as much as $815 million.

More than 10,000 people have sued the city and a long list of companies that handled the massive cleanup of lower Manhattan after the 9-11 terrorist attacks. Many claim to be suffering from illnesses caused by inhaling the pulverized remnants of the twin towers. Their lawsuits blame the government and its contractors for failing to provide proper equipment to protect their lungs.

The vast bulk of the litigation could be over today. THE ASSOCIATED PRESS

Spain. Protest

▶ Gay-rights activists in Barcelona demonstrating against a visit by Pope Benedict XVI.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

'Father why did you leave us?'

Overruns won't hit taxpayers: Minister

A $2-billion cost overrun to refurbish two mothballed nuclear reactors at Bruce Power on Lake Huron will be covered by the private energy company, not by electricity ratepayers or Ontario taxpayers, says Energy Minister Brad Duguid.

But critics warn the cost overruns may mean higher bills for electricity ratepayers, and say they should at least make the Liberal government rethink Ontario's nuclear future.

TransCanada Corp,. reported last week that refurbishing two units of the Bruce A nuclear plant has cost $3.8 billion so far, with the final cost now expected to hit $4.8 billion. The original cost estimate when the project was announced in 2005 was $2.75 billion.

The two reactors, which were mothballed in 1997, were supposed to be back online last year, but are now scheduled to go into commercial operation in 2012. THE CANADIAN PRESS

50% Ratepayers are, in fact, on the hook for 50 per cent of the first $300 million of the Bruce refurbishment costs, and 25 per cent of the costs between $300 million and $3.4 billion. Everything above $3.4 billion will be paid by Bruce Power.

Afghan mission to extend into 2014?

The Canadian Press has learned the Harper government is considering a proposal to keep hundreds of Canadian troops in Afghanistan until 2014 in a non-combat, training role.

The move would extend Canada's military presence in Afghanistan three years past the July 2011 withdrawal deadline set by Parliament.

The House of Commons motion calls for Canada's current contingent of 3,000 military personnel to cease combat operations next year in the volatile southern province of Kandahar.

Sources say Prime Minister Stephen Harper, who has made it clear there will be no extension of the combat mission, could decide the matter as early as this week. The Conservative government has been under international pressure to at least leave a contingent of military trainers behind to help address a shortfall in the NATO-led mission. THE CANADIAN PRESS

India. Scuffle

▶ An Indian policeman tussles with a Kashmiri civilian yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

Police clash with anti-India protesters

Protesters threw stones at police during an anti-India protest in Srinagar, India yesterday. Anti-India sentiment runs deep in the majority Muslim region, where more than a dozen rebel groups have been fighting for Kashmir's independence or its merger with neighbouring Pakistan since 1989.

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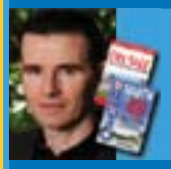

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Author of Fire Sale and South of 49
Topic: The Inner Game of Real Estate

Mark Loeffler
The Versatile Investor
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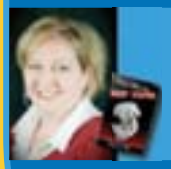
Topic: Rent to Own



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See dealer for details. ♦Offer applies to the purchase of 2010 Chevrolet Cobalt LT Coupe or Sedan 1SA-AM0J-434/Aveo 5-door LS R7C/Equinox LS FWD R7A. 10% purchase financing offered by GMCL for 72 months on 2010 Chevrolet Cobalt LT Coupe or Sedan 1SA-AM0J-434/Aveo 5-door LS R7C/Equinox LS FWD R7A. Monthly payment is $138.89/$208.33 for 72/48 months. Cost of borrowing is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Offers valid to January 17, 2011. Dealer order (2011 MY only) or trade may be required. Limited quantities of certain 2010 models. GMCL may modify or terminate offers in whole or in part at any time without notice. See dealer for details. ♦♦Offer applies to new or demonstrator 2010 MY Silverado/Sierra Light Duty Extended and Crew Cab GK Models 1SF-GK3E-E54/1SF-GK3E-E84/1SF-GK3E-F54/1SF-GK3E-F84 and 2010 MY Silverado/Sierra Light Duty Regular Cab GK Models 1SC-GK3E-E54/1SC-GK3E-E84/1SC-GK3E-F54/1SC-GK3E-F84 delivered between October 1 and November 30, 2010. Ineligible vehicles: Chevrolet Aveo, 2010 MY Chevrolet Cobalt, 2011 MY Buick Regal, Chevrolet Cruze and Cadillac CTS Coupe, and Medium Duty trucks. Incentive ranges from $750 to $3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. GMCL's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca (www.scrapit.ca for residents of B.C.) for more information. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Canadian Government. Dealers are free to set individual prices. ‡Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ◊Registered trade-mark of General Motors Corporation/Used under license. ◊◊Applies to the purchase of 1995 or older vehicle. Vehicle must be registered and insured in your name for the last 6 months. Vehicle must be in running condition. Limited to one vehicle per household. Offer ends January 17, 2011. See participating dealer for complete details. ††0% purchase financing offered by GMCL for 72 months on 2010 Chevrolet Malibu/Impala and for 48 months on 2011 Malibu, OAC by Ally Credit. Rates from other lenders will vary. Example: $10,000 at 0% APR; monthly payment is $138.89/$208.33 for 72/48 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Offers valid to January 17, 2011. Dealer order (2011 MY only) or trade may be required. Limited quantities of certain 2010 models. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. See dealer for details. ‡Subject to credit approval through Ally Credit. Eligible vehicles: 2010/2011 MY new or demonstrator Chevrolet/Buick/GMC/Cadillac. Dealer order (2011MY only) or trade may be required. Limited quantities of certain 2010 models. Applies only to qualified retail customers in Canada. Payments amortized over a term of up to 84 months. At months 35-37, 47-49 or 59-61 customers may; (i) exercise option to return vehicle for sale to Ally Credit if applicable conditions met, including payment of $199 disposal fee and any excess wear/km charges, (ii) continue all initial payment amount for remainder of amortization term, or (iii) trade-in vehicle to dealer. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL or Ally Credit may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your dealer for details. ‡‡0% purchase financing offered by GMCL for 72 months on 2010 Chevrolet Malibu/Impala and for 48 months on 2011 Malibu, OAC by Ally Credit. Rates from other lenders will vary. Example: $10,000 at 0% APR; monthly payment is $138.89/$208.33 for 72/48 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. 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Beating the banking blues

Using another bank's ABM can cost you more than $8: Financial Consumers Agency of Canada

Canadians love to complain about bank service fees. Top of the list: Overdraft charges; using another bank's ABM; and monthly account fees.

But consumer groups and banks will tell you that many of these fees can be reduced or eliminated altogether, whether it's a matter of changing your behaviour, choosing a different kind of account, or even choosing a different kind of bank. Personal service charges account for about five per cent of total bank revenue, according to the Canadian Bankers Association.

"I think fees are always at the top of everyone's mind, especially when it comes to banking. It seems to be a lightning rod," says Chris Barber, director of personal banking accounts at the Royal Bank of Canada. TORSTAR NEWS SERVICE

Cheap banking

Eight Canadian banks offer low-cost accounts.

- Features include no charge for deposits, the use of a debit card, cheque-writing privileges, free account statements, up to 15 debit transactions per month — all for a maximum monthly fee of $4.

Nuclear waste. Transport

An anti-nuclear activist of the group "Xamba" protests yesterday against the transport of nuclear waste near Leitstade, Germany.

MIGUEL VILLAGRAN/GETTY IMAGES

Nuclear anger

More than 3,000 activists yesterday tried to stop an ongoing nuclear waste convoy headed to a disputed storage facility in Gorleben, Germany. Protests have gained new momentum from Chancellor Angela Merkel's plans to keep using nuclear energy.

Market moment

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SHEDDING SOME LIGHT ON SKIN COLOUR

Urban Compass

CAROLYN MORRIS

Nayani Thiyagarajah says she was a light-skinned wonder child, born into a Tamil family in Toronto. "My family still reminisces about how light I was," she says in her new short documentary called Shadeism, which screened recently at the Regent Park Film Festival.

The 22-year-old journalism graduate with milk chocolate skin, a nose stud and a soft-spoken but confident demeanour, grew up in multicultural Flemingdon Park. "It was really diverse," she says. "And to me, not in a cheesy way, but skin colour really didn't make a difference."

But as she grew darker with age, family members would lament what they considered her turn for the worse. Her mom would often say, "Don't play too much in the sun, you don't want to get too dark."

Thiyagarajah started questioning the idea that lighter skin was better. She liked when her skin got tanned in the summer.

She didn't worry too much about what her family thought. But it was a recent conversation with her darker-skinned, four-year-old niece that convinced her to make the video.

"She said, 'You're pretty, you're more white.' And I thought, 'Wow, this really impacts how she views herself.'"

In the video, she sits with her niece in a living room and rubs her little hand.

"Do you like this skin colour?" she asks as her niece shakes her head.

"No? Why?"

"Because," the girl answers, smiling, "I need to come white."

"You need to become white? Really? You don't like this?" she asks gently, rubbing her hand again. "This is pretty!"

Thiyagarajah doesn't want to put blame on her family, but she does want to challenge the preference for lighter skin.

She questions the Fair and Lovely whitening cream that many in her community would use regularly, and a local beauty salon that offers "fairness facials" at three locations in the GTA.

She also brings together four of her female friends from different backgrounds — representing Bangladesh, Grenada, Venezuela, Angola and Trinidad — who discuss how shadeism plays out in their own cultures. Her friend from Bangladesh, the darkest of three sisters, was given the nickname "Mati," which translates into "soil."

In a telling scene of the video, the filmmaker sits in the sun with her niece as the little girl keeps pulling a pink bucket hat over her face, covering herself. Thiyagarajah hopes to expand the project into a feature-length documentary. She also hopes to convince her niece to stop hiding from the sun.

(She can join me as I try to tan my pasty-white skin.)

Watch Shadeism at vimeo.com.

Contact Carolyn Morris at urbancompass@metronews.ca

Cartoon

MICHAEL DE ADDER

May be time for a change

Letters & Tweets

We asked: Should we drop daylight time?

TORONTO. Yes. I don't believe we save a darn thing. How can it? Sure, it's lighter in the mornings, but it's still dark enough that you have to use the lights to get ready for work and it's darker earlier in the evenings. **ANN FAGAN**

TORONTO. We definitely should drop daylight time.

It causes inconvenience since most countries have cancelled daylight time or never started it. It causes lots of trouble to adjust body routines for the first week of each change. That means we spend two weeks in every 52 weeks to adjust to this man-made trouble. The world is already complicated. Why should we add more complexity in it? **JIAO JIANG**

Re: Mike Artelle letter (Nov. 5)

TORONTO. Mike, here's what I think: (1) You must be a same-sex supporter; and (2) your comments are just as discriminating as Jessica Napier's article (I looked at a girl ... and liked it, Nov. 2). She was expressing her opinion, just like you're expressing yours. What might be "creepy" and "weird" to her may not be to you. I get that. (But) aren't you exemplifying the very definition of disrespect? **KENNY CHENG**

Out of date?

What's the appropriate date to decorate for Christmas?

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Metro Minute with Four Seasons piano

Ask anyone who spent their dating years in the city and they most likely have a story that involves an enthusiastic suitor and the Four Seasons piano.

Back in the day, the beautiful baby grand saw its fair share of after-hours private concerts. It wasn't permitted, of course, but that was half the fun.

Some of these stories ended happily ever after, while others have taken their rightful place in the pantheon of bad date folklore. In its current incarnation, the piano occupies the Park Suite in room 1601. Lucky guests can tinkle on the same keys as Elton John, Yo-Yo Ma, Madonna, and hundreds of romantic hopefuls.

JORDANA DIVON

CONTRIBUTED

▶ This baby grand piano at the Four Seasons hotel was played by musicians such as Elton John and Yo-Yo Ma.

Conan O'Brien returns to late-night TV with his new show, Conan.

Can Conan O'Brien conquer TV, again?

After his Tonight show departure, O'Brien went viral. Now, he returns to late night.

Timing is key in comedy, especially for one formerly unemployed talk-show host. While Conan O'Brien's departure from Tonight was a sorry mess, it was in sync with the growing influence of social media.

His extensive use of Twitter and Facebook gave O'Brien a direct pipeline to fans, keeping him in a computer-generated spotlight.

With tonight's debut of his TBS show, Conan, O'Brien will learn if being an online sensation can help to foster ratings success in cable TV.

There's no question the online universe drastically affected O'Brien's post-Tonight life. With an NBC settlement agreement that included an extended ban on TV appearances, O'Brien found he could keep followers intrigued with messages on Twitter and Facebook. Then there's the Team Coco website, giving the public show details that include the guest list.

"I was supposed to be in the wilderness, but I carried on this relationship that in some ways seemed more meaningful than any relationship I've had in television," he said.

The question now is will online fans tune in for Conan or wait to see it online? TBS is making it easy, announcing the show will be posted online the morning after it airs.

But that means ratings take a hit. O'Brien averaged 2.5-million viewers during his Tonight tenure, a number that would be welcomed by TBS. The bar for success isn't overwhelmingly high, said analyst Steve Sternberg. If O'Brien can increase the under one-million nightly viewers George Lopez was getting for TBS at 11 p.m., then Conan will "probably be considered successful," Sternberg said.

What about the possibility of booking wars?

"I've made a lot of friends over the years. I've always been pretty much able to have most of the people I wanted on the show ... I don't think that's going to change," O'Brien said. THE ASSOCIATED PRESS

Conan's timeslot

When can you catch Conan?

- **Canadians will get the show later than Americans** CTV has tweaked its schedule so Conan won't air until midnight ET on the Comedy Network and 1 a.m. on CTV.
- **Conan's first guests** The show kicks off with Seth Rogan and Jack White.

Creator of $#*! My Dad tells critics to tweet off

Canadian comic Will Sasso is shrugging off critics of his Twitter-inspired hit sitcom, $#*! My Dad Says, saying the show's consistent ratings triumphs are speaking louder than any bad review.

The series has generated some of the most terrible TV reviews of the new season, but Sasso says he'd much rather take cues from the audience that is making the series a modest hit on CTV and CBS.

"Comedy is subjective. There's a lot of people watching the show and it's won its time slot every week that it's been on, so that's a review in my mind," says Sasso, who portrays the son of a crusty war veteran, played by William Shatner.

$#*! My Dad Says helped push CBS to the number one spot in prime-time, and earned a full-season pickup from the U.S. network after just one month on air. And it did so even though none of the 26 critics listed on metacritic offered a positive notice.

Will Sasso

TV expert Marc Berman says the average viewer just wants to be entertained by a conventional premise: A son moves in with his cantankerous father, a second son visits often with a wacky wife.

"It's not brain surgery. There's nothing wrong with that," says Berman, a Mediaweek columnist.

Sasso says his new show is unique in that it's inspired by real people, whose lives have already been well-documented through show creator Justin Halpern's Twitter page and spinoff book.

Still, Berman credits much of the success of $#*! My Dad Says to the juggernaut crowd-pleaser The Big Bang Theory, which immediately precedes the show on Thursday nights.
THE CANADIAN PRESS

2 scene

Scene in brief

A fan of NBC's Law & Order: Criminal Intent has been convicted in New York on one of two counts charging him with stalking star Kathryn Erbe.

Jurors deliberated less than a day before reaching the split verdict Friday against Charles Nagel in federal court in Brooklyn.

Prosecutors say the 36-year-old man began stalking Erbe in 2008 by trying to hug her while she was filming on location in Manhattan.

Authorities say once he was rebuffed, he began composing creepy missives about her on a social network.

The 44-year-old Erbe testified that she was scared because she thought Nagel was obsessed with her.

Nagel took the stand to say it was all a misunderstanding.
THE ASSOCIATED PRESS

Advocacy: Pamela Anderson is in Israel to promote fur ban and meet with ultra-Orthodox leaders

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HANDOUT

▶ Laura Innes stars as Sophia on The Event.

Unravelling The Event

This fall's must-watch show has viewers guessing at what the event is

IAN JOHNSTON
SCENE@METRONEWS.CA

Though her otherworldly character Sophia remains largely a mystery, The Event star Laura Innes says she's finding the role an interesting challenge.

"So much is unspoken. So much is unknown." says Emmy-nominee Innes, best known as Dr. Kerry Weaver on ER.

"But I love that Sophia has a back story only we know about. I can make up anything I want about why she is the way she is. You can let your imagination run wild."

Best described as a cross between 24 and Lost, The Event finds the U.S. government dealing with a presidential assassination attempt that seems to lead back to a group of human-like aliens — led by Sophia — who've been locked up for more than 60 years.

Add to that various unnamed factions — human and alien — pushing their own violent agenda, and you've got enough intrigue for three shows.

And for the record, the "event" of the title has yet to happen.

"The show is built so that an event happens at the end of each season," promises The Event executive producer Evan Katz (24), who has read the various blog theories on the show.

"There's a big surprise coming on who exactly they (the aliens) are. Nobody has hit on it yet."

Still, you won't have to wait till season's end to get a few answers. Katz says some truths about Sophia will be revealed in the next few episodes as Sophia deals with an upstart alien named Tommy who prefers violence when dealing with humans.

"I think (Monday's) episode is the first one where she gets to bust loose," says Innes.

"You get to see her really express her real feelings. Obviously, she's completely opposed to (Tommy's) methods because he's a terrorist. Ultimately, her first choice would be a peaceful, diplomatic solution."

Come on. Can't you give us a little more than that?

"We will learn who she really is," teases Katz.

"Obviously, she's a leader for a reason."

The Event

Where and when you can watch

▶ **Channel** The Event airs Mondays on Citytv.

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ADVERTISING FEATURE

Product Hailed by Doctors as the Solution for Back Pain

Doctor developed decompression belt that significantly reduces back pain. Dr.Michael Ho announced, he is giving 50% off to all readers of the Metro Newspaper. Due to the November rush, each household is limited to only 2 belts.

Save money and help relieve back pain: This week only. Get clinically proven back decompression belt for 50% off

By Marc Charron - *Health and Lifestyle*

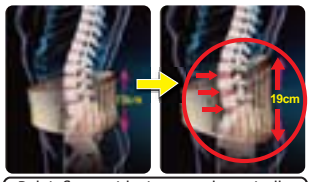
Back pain affects 80% of North Americans. It can also rob you of your happiness, where getting out of bed becomes a painful reminder of your bad back. While pills provide temporary relief, the condition can reoccur. The reason is because pills mask the symptoms and do not target the cause of the pain. Other treatments cost thousands of dollars or have substantial health risks. "That's why most people end up "living" with their bad back" - says Dr. Michael Ho.

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating the cause of chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. His belief is to treat the cause of the problem so that patients get long term relief, earning him international recognition for his patient care and expertise.

"Many people have back pain due to spinal disc compression. This can result in back pain, which if left untreated, can lead to more serious conditions."

DRUG-FREE: DR-HO'S Decompression Belt will help relieve your back pain, naturally without the side-effects.

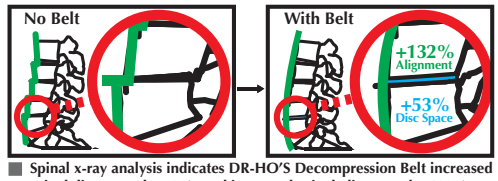
Dr. Ho has developed a back supporting decompression belt that can be used at home, allowing you to help relieve your back pain, while saving time and money. Dr.Ho's brand new Decompression Belt is endorsed by medical professionals and customers that have suffered with long-term, chronic back pain. "I have used many modalities to treat my patients, but nothing is as effective as the decompression belt. To effectively treat someone with back pain, the patient must receive treatment everyday for 6 - 8 weeks. People cannot afford the time or money to visit the doctor everyday. Therefore, your health suffers. I developed this belt because patients need a device they can use at home. By treating themselves daily, it will speed up recovery time and increase the overall effectiveness of the treatment. This belt can help protect and treat your back," says Dr.Ho.



Belt inflates with air, expands vertically, gently stretching, tractioning and relieving lower back pain

DR-HO'S Decompression Belt expands to help decompress the spine to provide support and help relieve the pain. The belt will help relieve your pain in as little as 20 minutes, even if you've suffered with back pain for many years - you can even wear the belt while doing activities. As an exclusive Metro Special, Dr.Ho has agreed to give the first 100 customers 50% off as well as include a free pair of Dr.Ho's Back Pain Relief Air Orthotics worth a value of $80! "The Decompression Belt will help relieve your back pain safely without the use of drugs. You don't have to live with your back pain any longer."

Dr.Michael Ho treats patient suffering with herniated disc, degenerated disc and over 10 years of back pain.



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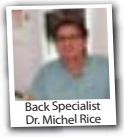

Back Specialist Dr. Michel Rice

"Every patient with back pain should be wearing this belt because it gives you core strength and support in your spine, and a traction effect for great pain relief. The great thing is that patients with chronic back pain can wear this belt and get their life back. They can feel more confident, be more active, and do things that they love doing."

Alice Love

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P.J. Lemieux

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"Usually if I lay down this long, my back would be killing me. I have suffered with back pain for twenty years, but with this belt, I can go for long walks again."

- Marianne

GETTY IMAGES

Collectors will have a chance to purchase Seymour's art.

Art according to Jane

Golden Globe and Emmy winner Jane Seymour opens up about her new painting collection Show features sculptures, watercolours and oils.

JOHN KEILLOR
SCENE@METRONEWS.CA

Actress Jane Seymour celebrates life through art, and is herself a magnet for cultural happenings. Consider this: In 1973 she was the Bond girl Solitaire in Live and Let Die. In 1997, Radiohead recorded their disc OK Computer in her house. Now the Dr. Quinn, Medicine Woman star is adding painter to her eclectic resume.

Her artwork bursts with colour and appreciation for the old French masters. Her smaller rendition of Monet's famously large water lilies is less monochrome than the original.

"I use combinations of colour and texture to bring out the violets and teals," explains Seymour at the Port Credit location of Art Trax gallery. "When you see the original in real life, it's a dull green."

Seymour makes the experience of viewing paintings more vivid with brighter pigments. It's a simple but very effective solution to the jaded modern eye that usually won't stop for anything. Seymour has had a lifetime to consider what makes art worth seeing.

"As a child I loved painting, but I wanted to be a dancer," Seymour says, "but I suffered a ballet injury as a girl. That pressed me toward acting instead. Even then, to finance independent productions, I made knitware, and was also an interior designer and decorator."

This helps explain how Seymour can offer a line of jewelry and sculptures, as well as her paintings. Her command of the craft of visual art is highly developed because of her decades of experience.

As well, she regards her art as a kind of invitation to affirm life, and hers seems geared toward generating maximum pleasure. "My paintings are open to interpretation," explains Seymour, "because it is important for the painter to respect other people's beliefs. Everyone is going to bring their eyes and ideas to the things they see. Tolerance and understanding takes the painter beyond the painting, and closer to the viewer."

With all the love she lavishes on these sculptures and canvases, the joy they generate feels effortless. But for the artist, parting is often bittersweet. "These artworks are like my babies," concludes Seymour, a mother of four, "it's hard to let go sometimes."

See Seymour

The Art of Jane Seymour is being exhibited at Art Trax Gallery (110 Lakeshore Rd. E.) through Friday, Nov. 19. For more information call 905-274-3400.

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GETTY IMAGES

▶ Twilight co-stars Robert Pattinson and Kristen Stewart.

Robert to propose?

Robert Pattinson is reportedly hard at work designing a wedding ring for Kristen Stewart, according to the National Enquirer.

But the press-shy pair aren't hurrying to the altar — yet.

"Rob wants to design the ring himself," a source says of the ring, which is to be used for their characters' wedding scene in the next Twilight film. "He feels their on-screen nuptials will be a very special and personal moment, even though it's supposedly make believe."

But the source claims Pattinson is planning on having the ring pull double duty: "The plan is that when the cameras stop rolling after their on-screen nuptials, romantic Rob will drop to one knee and slip his designer ring on his real-life love as he proposes marriage," the source says. METRO

Allen ill with blood poisoning

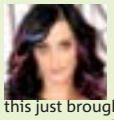
Just a week after losing her pregnancy, Lily Allen has been hospitalized for blood poisoning, according to Hollyscoop.

"She is responding well to treatment and her condition continues to improve," her rep says in a statement. METRO

Celebrity tweets

Kanye West [@kanyewest] All my fans have really supported me through the dark times and I wanna thank yall for the constant motivation

Craig Ferguson [@Craigy Ferg] I've got an under the skin zit on my nose that is invisible but I can feel. It's like I have a guilty secret. Which I do. My love of ham.



Katy Perry [@katyperry] Oh... My...Gosh... this just brought a sweet tear to my eye! Teenage Dream on GLEE makes my heart go WEEEEE!

Conan O'Brien [@Conan OBrien] Extremely hot in L.A. today. Just more proof of God's plan to wipe out the California Irish.

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You can dream of Justin Bieber as a company launched a pyjama line inspired by the pop star. Sears Canada carries the Bieber apparel and accessories for girls.
THE ASSOCIATED PRESS

Facing 72 per cent rate of unwed mothers, U.S. blacks explore reasons and answers

Tough lucha love

Family night at the wrestling ring For some bonding, nothing beats the cursing of lucha libre Americans in the Southwest embracing lucha libre as one of their cultural tradition

▶ Families have embraced Lucha Libre Mexican wrestling nights, part of Lucha Libre Internacional Gladiadores Unidos, at family friendly venues in Phoenix.

Adorable Yuki, a hefty figure in pink and black spandex, soaks in the cheers and ear-splitting screams from the crowd. Tonight, the wrestler has a trick — or rather a treat — up his sleeve.

To celebrate the Mexican holiday, El Dia del Nino (Kids' Day), Yuki hurls handfuls of candy into the audience. Kids make a dive for it, then are back in their seats — joining their parents in booing and yelling at the referee to shut up.

Bodies, not candy, are what tend to go flying at a lucha libre wrestling match. But in heavily Hispanic cities such as Phoenix, some parents are choosing the decades-old Mexican form of free fighting as a way to gain some quality time.

Little kids can swear and flash the middle finger during what are sometimes violent matches. Mothers typically have one eye on a fight and the other on a stroller.

"When you're at a movie, it's quiet and relaxed. Here you can yell, scream and get all the anger out of you. You can have fun and all that," said Ernesto del Real, who has taken his wife and three of his children, ages five to 11, to body-slamming bouts on Friday nights.

The profanity and pummelling might appal non-Hispanic families. But anyone familiar with lucha libre would know it's part of the spectacle.

"When you're at lucha libre, you shout obscenities, insult people, act in ways that wouldn't necessarily be acceptable elsewhere," said Heather Levi, an assistant professor in anthropology at Temple University. "I remember the time I was sitting in front of woman who was teaching a three-year-old to do it. It was like, 'OK, now you say...'"

Lucha libre has been rooted in Mexican popular culture since the 1930s. Wrestlers wear colourful masks and personas.

The genre gained more notice when it was showcased on TV and in B movies.

"Children were not allowed into arenas (in Mexico City) until the mid-1980s," said Levi, author of The World of Lucha Libre: Secrets, Revelations, and Mexican National Identity.

Now, she said, "In Mexico, people bring their children, their grandparents."

In the Southwest, it seems that people are seeing lucha libra as a cultural thing, "really embracing it as something Mexican they take their kids to," said Levi.

For some kids who have grown up in the U.S., watching Jack Black in Nacho Libre, has been the extent of their lucha libre exposure.

Seeing authentic luchadores go at it has been a bonding experience.
THE ASSOCIATED PRESS

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A warming recipe for chilly days

Veal and white beans make this soup nutritious Add a roll and some fruit for a whole meal

Leeks, leafy greens, tomatoes, white beans and ground veal pack a nutrient punch in this simple soup. It can be made in advance and reheated before serving.

Add a whole-grain roll and a piece of fruit for a quick, healthy, energy-sustaining meal.

Preparation:

1. In a large saucepan, cook ground veal with salt and pepper over medium-high heat, breaking into small pieces, until no pink remains, about 10 minutes.
2. Add leeks and cook until tender but not browned, about 5 minutes. Stir in rosemary and bay leaves.
3. Pour in chicken broth and bring to a boil.
4. Add in chard and reduce heat to maintain a simmer; cook for 10 minutes.
5. Stir in tomatoes and beans and heat through, about 5 minutes. Let sit for 10 minutes before serving.
6. Serve garnished with shaved Parmesan cheese and lemon zest.

THE CANADIAN PRESS

Ingredients:

- 750 g (1 1/2 lb) ground veal
- 2 ml (1/2 tsp) each salt and pepper
- 500 ml (2 cups) chopped leeks (white and light green parts only)
- 15 ml (1 tbsp) chopped fresh rosemary
- 2 bay leaves
- 1.5 l (6 cups) chicken broth
- 1.5 l (6 cups) chopped Swiss chard, kale or spinach
- 500 ml (2 cups) canned tomatoes
- 250 ml (1 cup) rinsed and drained canned white beans
- Shaved Parmesan cheese, for garnish
- Lemon zest, for garnish

▶ Veal and white bean soup

6 portions
Prep and cooking time: 40 min.

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Cooks & books honoured

Two stellar culinary books that have had a lasting impact on Canadian cuisine were honoured Friday at the Canadian Culinary Book Awards.

Winners of the second annual Canadian Culinary Landmarks Hall of Fame Award were Carol Ferguson and Margaret Fraser for A Century of Canadian Home Cooking: 1900 through the '90s. The book was published by Prentice Hall Canada in 1992.

The second was Kate Aitken's Canadian Cookbook, published in 1945 by The Montreal Standard.

▶ John Bishop, Vancouver restaurateur and chef.

The 13th annual awards ceremony, held on the opening day of the Royal Agricultural Winter Fair, in Toronto, was sponsored by Cuisine Canada and the University of Guelph.

Two people who have contributed greatly to cuisine in Canada were also honoured.

John Bishop, chef, restaurateur and cookbook author, won the Edna Award, named for the late food writer Edna Staebler. His Kitsilano restaurant, Bishop's, specializes in local fare. The Edna is a lifetime achievement award.

Canadian culinary icon Elizabeth Baird, whose career spans nearly four decades, was the recipient of Cuisine Canada's Founders Award for her lifetime of service to the culinary community of Canada.

THE CANADIAN PRESS

Winners

Winners in the English cookbook category were:

- **GOLD** Laura Calder for French Taste: Elegant Everyday Eating (Harper Collins).
- **SILVER** Anna Olson for Fresh with Anna Olson: Seasonally Inspired Recipes to Share with Family and Friends (Whitecap Books).

Get creatively green by recycling your clothes

JESSICA LEWIS
LIFE@METRONEWS.CA

People have been recycling clothing for as long as we can remember. From hand-me-downs to taking up hemlines to sewing a button back on, the do-it-yourself fashion once reserved for small fixes is finding its way to stores, websites and catwalks. And you can be a part of it simply by using what's already in your closet.

Whether you call it recycling, re-fashioning, re-purposing, reclaiming or something else, it's an act of showing off your individuality. It is also a good way to take a stand against consumer culture.

Tara White, founder and designer of Embody Clothing, which is sold across Toronto and Ottawa, says

that she began making clothing because she didn't like the kinds of fashion sold in malls.

"I found it really uninspired, and it seemed like everyone was wearing the same uniform," she says. "I liked the idea of when I'd make something, it would be one-of-a-kind. I started making clothes for myself, started making more and then was selling."

Tina Sparkles, a designer in Austin, Texas, recently released a book named Little Green Dresses, with 50 patterns for all different kinds of outfits.

"I feel really passionate about how our consumer culture is messing things up in the world and I think that gaining an awareness of that is important and I want to help spread that word," she says.

Sparkles feels that the idea of being eco-friendly can be too expensive and limiting, but people are still interested in being green. If you don't want to use your own clothes, you can go to a thrift store or a garage sale.

"It takes your own time and creativity," she says. "My inspiration comes from a lot of places. I love looking at vintage clothing and the old shapes and tiny details, trying to figure out a way to incorporate them into something new."

CANADIANS HAVE HELP AVOIDING BPA

As a mother who cannot breast-feed, I'm wondering what are the effects of bisphenol-A (BPA) in canned baby formula?
Heidi from Edmonton

Bisphenol-A or BPA is a human health concern because of its ability to mimic estrogen. It's an industrial chemical used primarily in polycarbonate plastic. You might remember in 2008 when our federal government banned BPA from plastic baby bottles. But BPA is also in the epoxy resins lining our canned goods, and it becomes hazardous to our health because it refuses to stay put and migrates into food like baby formula. So, in addition to replacing your plastic baby bottles with BPA-free plastic or glass, choose powdered baby formula. Canadian tests show no BPA leaching into powdered formula, which is good news for moms. Or, look for liquid formula sold in glass or BPA-free plastic. There is good news for all Canadians when it comes to concerns about this hormone-disrupting chemical. This fall, Canada secured a world first — a formal designation of BPA as "toxic." This means our government now has a stronger authority to ban BPA in consumer products. In the meantime, we should all buy fewer canned foods. According to Statistics Canada, more than 90 per cent of Canadians have detectable levels of BPA in their bodies. Choosing alternative packaging like glass jars or buying fresh, frozen or dried fruits and veggies will reduce your exposure. Dried beans, for example, have great flavour and texture, and you can control the salt and sugar content.

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▶ Brian Titus

Brian Titus used to defuse underwater bombs for a living. A little dangerous? Sure, but the former navy lieutenant and self-professed risk-taker says the work prepared him for his next venture in life: starting his own business.

His turning point came while watching a television show about two brothers in Fredericton, N.B., who had given up law careers to start their own craft brewery. Brian always had a taste for unique beers and he was intrigued. He drove to Fredericton the next day to talk to them. "As I drove back to Halifax that night I was writing my business plan in my head."

The first few years were filled with long hours and hard, back-breaking work. "There were times when I would sleep at the brewery. I delivered every keg of beer that I had cleaned. I did the sales, the installation of the equipment, and all the invoicing and paperwork." He also had to work with the provincial government and a lawyer to change the rules so he could sell his beer. Now Garrison Brewing Company is thriving with a great waterfront location in downtown Halifax offering 13 different beers and seasonal specialties.

Titus encourages everyone to go after their career goals but cautions that you need to go into business with your eyes open. "The first step is selling yourself and being realistic to see if you have what it takes. The second step is selling everyone around you so they become believers too."

From bombs to beer. Now that's what I call a turning point.

Titus Tips

1. After seeing how rich you'll be if everything goes right, re-run the budget in the negative and see if you're still interested.
2. Boil your business and product pitch down to 30 seconds — after that you start to lose peoples' attention.
3. Find a patient mentor; someone who can keep you grounded and give common sense guidance.
4. Be prepared to adjust your plan quickly — it's the beauty of owning a small business.
5. Don't second guess once you've committed, just get it done!

by the numbers

- **The beer industry** employs 205,000 Canadians.
- **Canadian beer** drinkers pay the second highest taxes in the world; Norway is first.
- **Canada is** one of the Top 10 largest beer exporters in the world.

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No job hunter should brave the wilderness all alone — that's what friends are for.

The vast online jungle of job boards can fool the unemployed into confusing job seeking for a solitary art, practiced in privacy, while the rest of society mingles over coffee. But if good job seekers know how to mass e-mail resumes from their bedroom window, then great job hunters know how to amplify their job search into a group effort — by roping cousins, colleagues and utter strangers into their quest for that hidden trove of unadvertised openings.

"There's probably eight million jobs out there that nobody knows about," Careerealism.com founder J.T. O'Donnell says.

"That's because businesses are saying 'I'm not going to publish the position, but, boy, if the right person crossed my desk, I would pull the trigger and invest.'"

Crossing that desk at the serendipitous instant requires more than chance — it takes a knack for hassling old pals for new job leads without them even realizing what's happening.

"You don't want to be arrogant but you want to project confidence ... Don't unnecessarily put yourself down."
LINDSAY POLLACK

Start by easing in, Connecting With Success author Kathleen Barton recommends.

"Send them a personal message, 'How's your job going,' something to that effect," she suggests. "That gets the conversations started. Then you can share with them an update, that you're in a career transition and looking for something new."

"Don't directly ask somebody for a job," concurs Generation-Y careers blogger Lindsay Pollack. "You want to meet up with people for advice, you want to chat and discuss current events in your industry, but you do not want to show up, shove a resume in someone's face and say, 'I need a job.'"

Mostly, she says, because that smacks of desperation — and while you're looking for a job, becoming ever more penniless, frustrated, and despondent, businesses are looking for can-do spunk.

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NOTICE OF PETITION:

Village of Elbridge, petitioner, v. SUSAN WILSON, respondent. State of New York, County of Onondaga, Justice Court, Town of Clay. Petition Made By: Smith, Sovik, Kendrick & Sugnet, P.C., on behalf of the Petitioner, Village of Elbridge. Date, Time & Place of Petition: November 1, 2010, at 5:00 p.m., at the Town of Clay, 4401 State Route 31, Clay, NY. Supporting Papers: Petition & Affidavit of Robert Herrmann sworn to November 20, 2009, together with Exhibits. Relief Demanded: An Order for civil remedies as described in the Petition. Dated: August 30, 2010 Smith, Sovik, Kendrick & Sugnet, P.C., Attorneys for the Petitioner.

NOTICE TO RESPONDENT:

Village of Elbridge, petitioner v. Susan Wilson, respondent. TO: SUSAN WILSON, YOU ARE HEREBY SUMMONED & required to answer a Petition concerning property commonly known as 116 E. Main St. Elbridge, NY & to serve a copy of your Answer to the Petition on the subscriber at 250 South Clinton St., Ste. 600, Syracuse, NY 13202, within 30 days. If you fail to answer within this time, Petitioner will seek a default judgement for the relief demanded in the Petition, including, civil fines & penalties, an order directing an inspection of the premises, directing respondent to remedy all code violations & authorizing condemnation of structures on the property if not brought into immediate compliance. If default judgment is obtained, respondent may be responsible for fines & penalties in excess of $170,400.00. Dated: August 30, 2010 Smith, Sovik, Kendrick & Sugnet, P.C., Daniel R. Ryan, Esq., Attorneys for the Petitioner.

North American College
Information Technology
(Registered as a private career college under the Private Career Colleges Act, 2005)

Diploma Programs
(the following diploma programs are approved as vocational programs under the Private Career Colleges Act, 2005)

Laid off, underemployed, EI active, EI reach back & Non EI–eligible recipients, maternity or parental benefit, SA & ODSP recipients may be eligible for funding for the skills training.

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- Administrative Assistant
- Business Administration
- Computerized Accounting
- Early Childcare Assistant
- Medical Office Assistant
- Mechanical Engineering Design & Technology
- Esthetics/New Technologies
- Esthetics/Electrolysis
- Personal Support Worker
- Pharmacy Assistant
- Legal Administrative Assistant
- Software Training for Civil and Mechanical Engineers *
- PLC/Robotics *
- Bank Teller Training *
- MCSE 2003 & CCNA *
- Cisco VoIP certification *

Day, Evening & Weekend Classes

*These courses do not require approval under The Private Career Colleges Act, 2005.

Financial Assistance may be available to those who qualify

Ph: 416-960-6024
730 Yonge St. Suite #207, Toronto
www.nacollege.com

Trades have freedom to work anywhere

Exploring different programs of study can help you make the right choice

For Brad Doran-Veevers, no two days are quite the same. At 30 years old, he's a professional carpenter and runs his own contracting company, doing everything from demolition to finishing.

"Every day is different for me, and that's part of the reason that it's so enjoyable," says Brad.

Brad didn't always know what he wanted to do. "After high school, I started a recreation and leisure diploma at Algonquin College, but didn't finish," he says. "After that, I started to work for a renovation company."

Brad eventually went back to college, finished his diploma and completed a co-op term in Whistler, B.C. "Although that was a great learning experience, I soon realized that it wasn't the path for me," he says. "I went back to the same renovation company, which then led me to my apprenticeship." That apprenticeship led him to a career as a carpenter.

Brad's story is quite common. According to a 2009 report from the Canadian Council on Learning, just under half of college and university students don't follow the traditional path. This could mean attending more than one educational institution, switching programs or subject areas, or leaving school and then returning at a later date. Just over half of post-secondary students graduate from the program and school where they first began their studies.

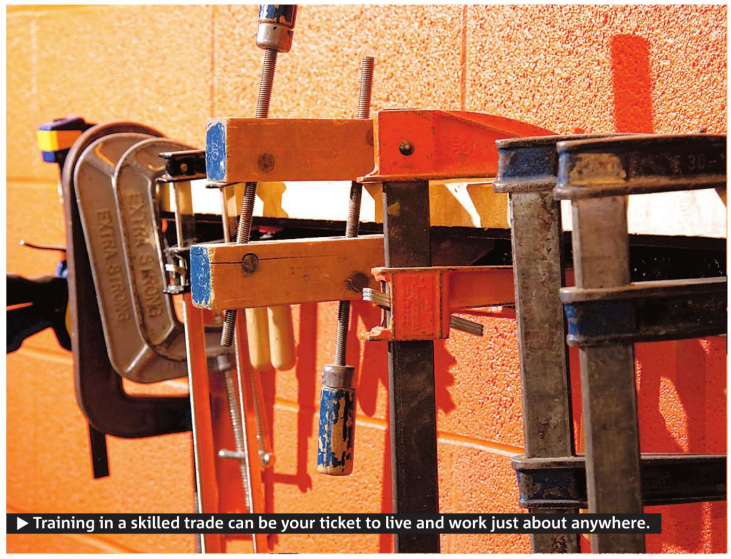
Exploring different programs of study can help prospective students make an informed decision. CanLearn.ca provides search tools and information about jobs and wages, schools, and scholarships.

Brad is a big supporter of working in the trades. "The trades are your ticket to live anywhere, travel and work, stay active, and continuously learn," he says. "I have travelled around Canada, and I've worked with people that have been all over the world."

But he knows his college experience helped him get there. "Going to school at 19 is a good experience," he says. "In college or university, they want you to think for yourself."

Still, Brad is happiest "working on the tools," as he calls it. "There's a lot of opportunity to explore, and you get paid to do it."

NEWS CANADA



▶ Training in a skilled trade can be your ticket to live and work just about anywhere.

more details

▶ To explore the possibilities, visit CanLearn.ca/explore.

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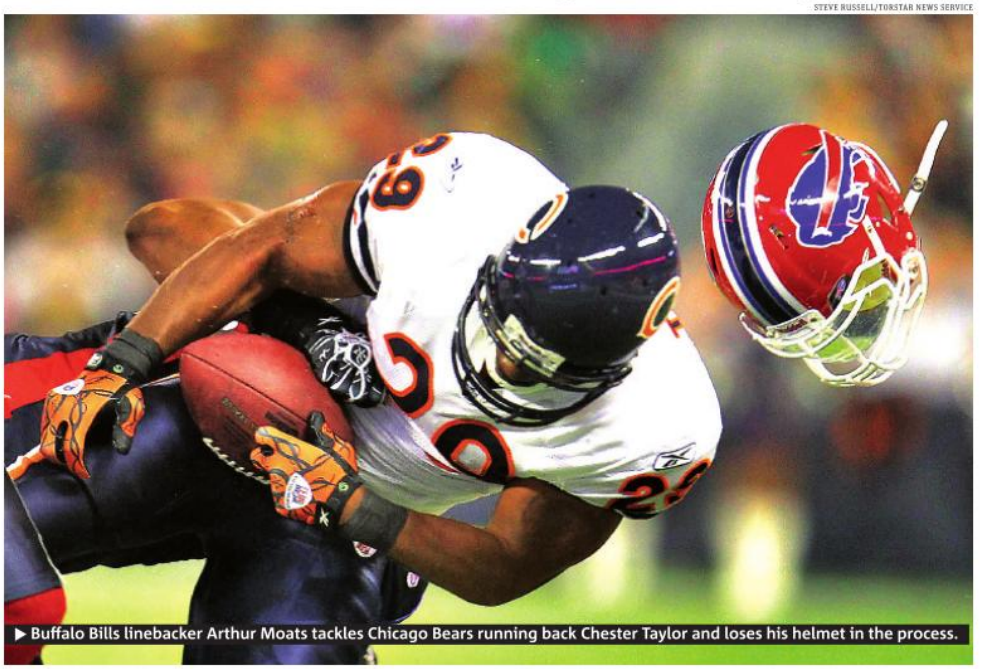
Hapless Bills stay winless

Cutler's TD pass to Bennett rallies Chicago to win over Buffalo Bills fall to 0-8 on season and 0-3 all-time in regular season at Rogers Centre

STEVE RUSSELL/TORSTAR NEWS SERVICE



▶ Buffalo Bills linebacker Arthur Moats tackles Chicago Bears running back Chester Taylor and loses his helmet in the process.

Another week, another hard-luck loss for Steve Johnson and the Buffalo Bills.

Jay Cutler threw two TD passes to rally the Chicago Bears to an exciting 22-19 win over Buffalo at Rogers Centre yesterday afternoon. The loss left the Bills (0-8) as the NFL's only winless team and followed heartbreaking defeats in overtime to Baltimore and Kansas City.

The game was the fifth of eight Buffalo will play here through 2012 as part of the Bills Toronto Series. Overall, the Bills dropped to 2-3 in Toronto, but are a dismal 0-3 in the regular-season contests. The announced attendance was 50,746 as all five games to date haven't been sellouts at Rogers Centre, which seats 54,000 for football.

BEARS	BILLS
22	19

The loss tarnished an outstanding performance by Johnson, who had 11 catches for 145 yards, both game highs. Johnson's numbers could have even been better had quarterback Ryan Fitzpatrick got him the ball on the game's biggest play.

A streaking Johnson got behind the Bears secondary in the fourth quarter with Buffalo at its 29-yard line. But Fitzpatrick couldn't get the ball completely over Chicago's Tim Jennings, who made a brilliant interception and returned it to the Bills' 23.

That set up Cutler's three-yard touchdown pass to Earl Bennett that put Chicago (5-3) ahead 20-19 at 8:19. Cutler hit Matt Forte on a shovel pass for the two-point convert.

"I believe I had six," Johnson said. "I probably had to break one tackle then get going. It would've been a big play."

Once again, Buffalo deserved a better fate.

The Bills were a stellar 10-of-16 on third-down conversions, outgained Chicago (340 yards to 283) and had more first downs (22 to 19).

But the Bears converted two of Buffalo's four turnovers into TDs and outrushed their opponent 105 yards to 46.

THE CANADIAN PRESS

Vick leads Eagles over Colts

Michael Vick threw for 218 yards and one touchdown, ran for 74 yards and a score, and the Eagles beat Peyton Manning and the Indianapolis Colts 26-24 yesterday.

The Eagles (5-3) are 12-0 after a bye since Andy Reid became coach in 1999. They hadn't beaten Manning in three previous tries.

EAGLES	COLTS
26	24

The Colts (5-3) had to make a quick turnaround after beating Houston Monday night. It certainly seemed the Eagles were the fresher team, especially early.

The Colts lost wide receiver Austin Collie after a hard — illegal — hit by Kurt Coleman forced him to leave on a stretcher in the second quarter.

THE ASSOCIATED PRESS

JIM MCISAAC/GETTY IMAGES

▶ Michael Vick

TONY DEJAK/THE ASSOCIATED PRESS

Browns 34, Patriots 14
Rookie quarterback Colt McCoy scrambled for a touchdown, Peyton Hillis hammered for a career-high 184 yards and two scores and the Cleveland Browns pounded the New England Patriots 34-14.

Well rested after their bye week, the Browns ended New England's five-game winning streak and did it decisively, outplaying one of the NFL's top teams for 60 minutes.

ANDY KING/THE ASSOCIATED PRESS

Vikings 27, Cards 24 (OT)
Brett Favre rallied the Vikings from 14 points down to tie it with 27 seconds to play in regulation time, then drove them into position for Ryan Longwell's 35-yard game-winning field goal for a 27-24 overtime victory over the Arizona Cardinals. Favre threw for a career-high 446 yards with two touchdowns and two interceptions for the Vikings.

LEON HALIP/GETTY IMAGES

Jets 23, Lions 20 (OT)
Mark Sanchez threw a 52-yard pass to Santonio Holmes to set up Nick Folk's 30-yard field goal, lifting the New York Jets to a 23-20 overtime win over the Detroit Lions.

Sanchez scored on a quarterback sneak with 2:46 left in regulation and led a nine-play drive that set up Folk's 36-yard kick to send the game into OT.

THE ASSOCIATED PRESS

4 sports

Sports in brief

1 Flavia Pennetta routed 18-year-old CoCo Vandeweghe 6-1, 6-2 to give Italy its second straight Fed Cup final victory over the U.S.

2 Sebastian Vettel won the Brazilian Grand Prix yesterday.

3 Liverpool stunned league leader Chelsea 2-0 yesterday to move into the top half of the Premier League.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	14	10	4	0	0	47	34	20	7-1-0-0	3-3-0-0	7-3-0-0	W4
d-Philadelphia	15	9	4	2	0	45	34	20	6-3-0-0	3-1-2-0	7-2-1-0	L1
d-Montreal	14	8	5	1	0	34	33	17	3-3-1-0	5-2-0-0	6-4-0-0	L1
Tampa Bay	13	7	4	2	0	39	39	16	3-1-1-0	4-3-1-0	4-4-2-0	L3
Boston	11	7	3	0	1	33	20	15	2-2-0-1	5-1-0-0	7-2-0-1	L2
NY Rangers	14	7	6	1	0	38	38	15	2-4-1-0	5-2-0-0	6-4-0-0	L1
Ottawa	14	7	6	1	0	36	40	15	4-3-0-0	3-3-1-0	6-4-0-0	W3
Atlanta	14	6	5	1	2	44	51	15	2-3-0-1	4-2-1-1	4-3-1-2	L2
Pittsburgh	15	7	7	1	0	43	39	15	2-4-0-0	5-3-1-0	5-4-1-0	W1
Carolina	14	7	7	0	0	42	44	14	3-2-0-0	4-5-0-0	5-5-0-0	W1
Toronto	13	5	5	1	2	31	34	13	3-3-1-1	2-2-0-1	2-5-1-2	L5
Florida	12	5	7	0	0	36	33	10	3-2-0-0	2-5-0-0	5-5-0-0	L1
NY Islanders	14	4	8	1	1	35	50	10	2-2-0-1	2-6-1-0	3-7-0-0	L7
Buffalo	15	4	9	2	0	37	48	10	0-6-1-0	4-3-1-0	3-6-1-0	W1
New Jersey	15	4	10	1	0	25	48	9	0-5-1-0	4-5-0-0	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	12	9	1	1	1	32	18	20	6-0-0-0	3-1-1-1	7-1-1-1	W7
d-Los Angeles	13	10	3	0	0	39	26	20	6-0-0-0	4-3-0-0	8-2-0-0	W4
d-Vancouver	13	8	3	0	2	40	32	18	6-0-0-1	2-3-0-1	7-2-0-1	W6
Detroit	12	8	3	0	1	39	32	17	4-1-0-1	4-2-0-0	6-3-0-1	L1
Chicago	17	8	8	1	0	50	51	17	4-4-0-0	4-2-1-0	4-6-0-0	L1
Minnesota	13	7	4	0	2	32	30	16	5-3-0-1	2-1-0-1	6-3-0-1	W3
Dallas	13	8	5	0	0	43	37	16	5-3-0-0	3-2-0-0	5-5-0-0	L1
Columbus	13	8	5	0	0	30	32	16	4-4-0-0	4-1-0-0	7-3-0-0	L1
Colorado	13	7	5	1	0	45	42	15	3-3-0-0	4-2-1-0	5-4-1-0	W1
Anaheim	15	7	7	0	1	40	50	15	5-1-0-1	2-6-0-0	6-4-0-0	W3
San Jose	12	6	4	2	0	34	30	13	3-2-1-0	3-3-0-0	5-5-0-0	W1
Nashville	13	5	5	3	0	31	38	13	2-1-3-0	3-4-0-0	2-5-3-0	L5
Calgary	13	6	7	0	0	35	38	12	4-4-0-0	2-3-0-0	5-5-0-0	L4
Phoenix	13	4	5	3	1	33	52	12	2-2-2-1	2-3-1-0	3-4-2-1	L2
Edmonton	12	4	6	0	2	34	41	10	2-4-0-0	2-2-0-2	2-6-0-2	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Washington 3 Philadelphia 2 (OT)
St. Louis 2 N.Y. Rangers 0
Edmonton 2 Chicago 1
Anaheim 5 Nashville 4
Saturday's results
Ottawa 3 Montreal 2
Vancouver 6 Detroit 4
Buffalo 3 Toronto 2 (SO)
Carolina 3 Florida 2
Chicago 5 Atlanta 4 (SO)
Colorado 5 Dallas 0
Los Angeles 4 Nashville 1
Minnesota 3 Columbus 2
Philadelphia 2 N.Y. Islanders 1
Pittsburgh 4 Phoenix 3 (SO)
San Jose 5 Tampa Bay 2
St. Louis 2 Boston 1 (SO)
Tonight's game
(All times Eastern)
Phoenix at Detroit, 7 p.m.
Tomorrow's games
Washington at N.Y. Rangers, 7 p.m.
Edmonton at Carolina, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Atlanta at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Calgary at Colorado, 9:30 p.m.
Anaheim at San Jose, 10:30 p.m.

OILERS 2, BLACKHAWKS 1

First Period
1. Chicago, Pisani 2 (Skille) 10:22
Penalty — Horcoff Edm (slashing) 19:54.
Second Period
No Scoring.
Penalties — Vandermeer Edm (holding) 2:46, Stortini Edm, Scott Chi (fighting) 14:50, Kane Chi (hooking) 16:09.
Third Period
2. Edmonton, Foster 2 (Hemsky, Whitney) 7:13 (pp)
3. Edmonton, Gagner 3 (Penner, Hemsky) 7:27
Penalties — Vandermeer Edm (roughing) 1:23, Stalberg Chi (slashing) 4:53, Hjalmarsson Chi (tripping) 7:05, Kopecky Chi (interference) 11:28.
Shots

Edmonton	9	8	9	26
Chicago	10	8	9	27

Goal — Edmonton: Khabibulin (W,4-6-1); Chicago: Crawford (L,1-4-0). **Power plays (goals-chances)** — Edmonton: 1-4; Chicago: 0-3.
Att. — 21,025 (19,717) at Chicago.

SCORING LEADERS

	G	A	PT
Stamkos, TB	11	11	22
Crosby, Pgh	9	10	19
Ovechkin, Wash	8	10	18
B.Richards, Dal	6	12	18
Sharp, Chi	10	7	17
Selanne, Ana	7	10	17
Getzlaf, Ana	6	11	17
Eriksson, Dal	9	7	16
D.Sedin, Vcr	9	7	16
C.Stewart, Col	9	7	16
H.Sedin, Vcr	2	14	16
Semin, Wash	9	6	15
Heatley, SJ	6	9	15
P.Kane, Chi	6	9	15
Perry, Ana	5	10	15
J.Thornton, SJ	5	10	15
Dubinsky, NYR	10	4	14
Giroux, Pha	7	7	14
Roy, Buf	7	7	14
Datsyuk, Det	6	8	14
St. Louis, TB	6	8	14
J.Williams, LA	6	8	14
Hejduk, Col	5	9	14
Ryan, Ana	5	9	14
Toews, Chi	5	9	14
Backstrom, Wash	4	10	14
Zetterberg, Det	3	11	14
Lidstrom, Det	1	13	14
Marleau, SJ	6	7	13
Byfuglien, Atl	5	8	13
P.Stastny, Col	5	8	13
Callahan, NYR	4	9	13
Ladd, Atl	4	9	13
M.Koivu, Minn	3	10	13
Letang, Pgh	3	10	13
M.Richards, Pha	3	10	13
Visnovsky, Ana	2	11	13
Ribeiro, Dal	0	13	13
Alfredsson, Ott	6	6	12
Neal, Dal	5	7	12
Stoll, LA	5	7	12
Skinner, Car	5	7	12
Cullen, Minn	3	9	12
Leino, Pha	3	9	12
Wisniewski, NYI	2	10	12
Keith, Chi	1	11	12
Hossa, Chi	7	4	11
MacArthur, Tor	7	4	11
Horton, Bos	6	5	11

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION	W	L	Pct	GB
Boston	6	1	.857	—
New York	3	3	.500	2½
New Jersey	2	4	.333	3½
Philadelphia	2	5	.286	4
Toronto	1	5	.167	4½

SOUTHEAST DIVISION	W	L	Pct	GB
Atlanta	6	1	.857	—
Orlando	4	1	.800	1
Miami	5	2	.714	1
Washington	1	4	.200	4
Charlotte	1	5	.167	4½

CENTRAL DIVISION	W	L	Pct	GB
Cleveland	3	3	.500	—
Chicago	2	3	.400	½
Indiana	2	3	.400	½
Detroit	2	5	.286	1½
Milwaukee	2	5	.286	1½

WESTERN CONFERENCE

SOUTHWEST DIVISION	W	L	Pct	GB
New Orleans	6	0	1.000	—
San Antonio	4	1	.800	1½
Dallas	3	2	.600	2½
Memphis	3	4	.429	3½
Houston	1	5	.167	5

NORTHWEST DIVISION	W	L	Pct	GB
Denver	4	2	.667	—
Portland	5	3	.625	—
Oklahoma City	3	3	.500	1
Utah	3	3	.500	1
Minnesota	1	6	.143	3½

PACIFIC DIVISION	W	L	Pct	GB
L.A. Lakers	7	0	1.000	—
Golden State	4	2	.667	2½
Phoenix	3	3	.500	3½
Sacramento	3	3	.500	3½
L.A. Clippers	1	6	.143	6

Yesterday's results
Philadelphia 106, New York 96
Phoenix 118, Atlanta 114
Detroit 102, Golden State 97
Houston 120, Minnesota 94
Boston 92, Oklahoma City 83
L.A. Lakers 121, Portland 96
Saturday's results
Orlando 91, Charlotte 88
Cleveland 107, Washington 102
Miami 101, New Jersey 89
New Orleans 87, Milwaukee 81
San Antonio 124, Houston 121, OT
Utah 109, L.A. Clippers 107,2OT
Denver 103, Dallas 92
Portland 97, Toronto 84
Memphis 100, Sacramento 91
Tonight's games
(All times Eastern)
San Antonio at Charlotte, 7 p.m.
Atlanta at Orlando, 7 p.m.
Golden State at Toronto, 7 p.m.
Denver at Chicago, 8 p.m.
Phoenix at Memphis, 8 p.m.
Boston at Dallas, 8:30 p.m.

LATE SATURDAY

BLAZERS 97, RAPTORS 84

TORONTO (84)
Kleiza 2-8 2-4 6, Evans 0-1 2-2 2, Bargnani 6-17 0-0 12, Jack 5-11 5-6 16, DeRozan 1-10 0-0 2, Barbosa 4-10 4-5 12, Andersen 0-3 0-0 0, Am.Johnson 2-3 3-3 7, Calderon 5-7 2-2 12, Wright 3-6 5-8 11, Dorsey 0-0 0-0 0, Banks 0-0 4-4 4. Totals 28-76 27-34 84.
PORTLAND (97)
Batum 7-14 3-4 20, Aldridge 9-18 4-4 22, Camby 3-5 2-2 8, Miller 1-4 4-4 6, Roy 9-19 8-8 26, Cunningham 2-5 2-2 6, Matthews 2-7 0-0 4, Marks 0-0 0-0 0, Ar.Johnson 0-0 0-0 0, Babbitt 1-2 1-2 4, Mills 0-1 1-2 1. Totals 34-75 25-28 97.

Toronto	17	17	25	25	84
Portland	18	27	28	24	97

3-Point Goals—Toronto 1-17 (Jack 1-3, Calderon 0-1, Wright 0-1, Andersen 0-2, Barbosa 0-3, Bargnani 0-3, Kleiza 0-4), Portland 4-16 (Batum 3-6, Babbitt 1-2, Mills 0-1, Roy 0-3, Matthews 0-4). Fouled Out—None. Rebounds—Toronto 51 (Evans 9), Portland 48 (Camby 16). Assists—Toronto 11 (Calderon 4), Portland 19 (Miller 13). Total Fouls—Toronto 27, Portland 27. Technicals—Portland defensive three second. Flagrant Fouls—Camby. A—20,363 (19,980) at Portland

SOCCER

MLS PLAYOFFS

FIRST ROUND
Conference Semifinals
(two-game aggregate goal total)
EASTERN CONFERENCE
New York vs. San Jose
(San Jose advances on 3-2 aggregate)
Columbus vs. Colorado
(Aggregate tied 2-2; Colorado advances 5-4 on penalty kicks)
Saturday's result
Second Leg
Colorado 1 Columbus 2
WESTERN CONFERENCE
Los Angeles vs. Seattle
(Los Angeles advance on 3-1 aggregate)
Last night's result
Second Leg
Los Angeles 2 Seattle 1
Real Salt Lake vs. FC Dallas
(FC Dallas wins series 3-2)
Saturday's result
Second Leg
FC Dallas 1 Real Salt Lake 1

ENGLAND

PREMIER LEAGUE

Yesterday's results
Arsenal 0 Newcastle 1
West Bromwich 0 Manchester City 2
Liverpool 2 Chelsea 0

LEAGUE CHAMPIONSHIP

Yesterday's result
Cardiff 0 Swansea 1

FRANCE

LIGUE 1

Yesterday's results
Lens 2 Montpellier 0
Lille 3 Brest 1
Nancy 0 Monaco 4
Nice 2 Toulouse 0
Paris Saint-Germain 2 Marseille 1

GERMANY

BUNDESLIGA

Yesterday's results
Bayer Leverkusen 3 Kaiserslautern 1
Hannover 0 Borussia Dortmund 4
Stuttgart 6 Werder Bremen 0

ITALY

SERIE A

Yesterday's results
Bari 2 AC Milan 3
Fiorentina 1 Chievo Verona 0
Juventus 3 Cesena 1
Lazio 0 AS Roma 2
Napoli 2 Parma 0
Palermo 1 Genoa 0
Sampdoria 0 Catania 0
Udinese 1 Cagliari 1

SCOTLAND

PREMIER LEAGUE

Yesterday's results
St. Mirren 1 Rangers 3
Hibernian 0 Hearts 2

SPAIN

LA LIGA

Yesterday's results
Almeria 1 Sporting Gijon 1
Getafe 1 Barcelona 3
Levante 1 Deportivo La Coruna 2
Osasuna 3 Hercules 0
Real Madrid 2 Atletico Madrid 0
Villarreal 4 Athletic Bilbao 1
Zaragoza 3 Mallorca 2

GOLF

HSBC CHAMPIONS

At Shanghai
Par 72
Final Round

Francesco Molinari, $1,200,000	65-70-67-67—269
Lee Westwood, $675,000	66-70-67-67—270
Richie Ramsay, $372,500	69-68-71-71—279
Luke Donald, $372,500	68-70-68-73—279
Rory McIlroy, $250,000	71-71-71-67—280
Tiger Woods, $145,714	68-72-73-68—281
Richard Green, $145,714	72-68-73-68—281
Retief Goosen, $145,714	70-74-69-68—281
Peter Hanson, $145,714	73-69-70-69—281
Fredrik Andersson Hed, $145,714	69-71-71-70—281
Paul Casey, $145,714	73-71-67-70—281
Ernie Els, $145,714	72-65-71-73—281
Ian Poulter, $90,000	70-70-73-69—282
Henrik Stenson, $90,000	67-74-72-69—282
Jaco Van Zyl, $90,000	71-66-72-73—282
Pablo Martin, $77,200	68-73-71-71—283
Charl Schwartzel, $77,200	74-70-67-72—283
Seung-yul Noh, $77,200	67-72-71-73—283
Padraig Harrington, $77,200	70-70-70-73—283
Ross Fisher, $77,200	69-70-69-75—283
Bill Haas, $68,000	72-71-72-69—284
Nick Watney, $68,000	72-68-74-70—284
Hunter Mahan, $68,000	70-73-71-70—284
Robert Allenby, $68,000	72-68-72-72—284
Brendan Jones, $60,200	76-72-69-68—285
Rickie Fowler, $60,200	71-74-72-68—285
Anthony Kim, $60,200	73-72-70-70—285
Adam Scott, $60,200	69-73-73-70—285
Tim Clark, $60,200	72-70-70-73—285
Ben Crane, $55,500	71-71-74-70—286
Martin Kaymer, $55,500	72-69-74-71—286
Yuta Ikeda, $55,500	67-75-76-68—286
K.J. Choi, $55,500	72-71-71-72—286
Robert Karlsson, $51,000	71-73-73-70—287
Richard Johnson, $51,000	70-70-77-70—287
Graeme McDowell, $51,000	74-71-73-69—287
Darren Fichardt, $51,000	73-72-70-72—287
Katsumasa Miyamoto, $51,000	69-75-77-66—287

CFL

WEEK 19

EAST DIVISION	GP	W	L	T	PF	PA	Pt
y-Montreal	18	12	6	0	521	475	24
x-Hamilton	18	9	9	0	481	450	18
x-Toronto	18	9	9	0	373	442	18
Winnipeg	18	4	14	0	464	485	8

WEST DIVISION	GP	W	L	T	PF	PA	Pt
y-Calgary	18	13	5	0	626	459	26
x-Saskatchewan	18	10	8	0	497	488	20
x-B.C.	18	8	10	0	466	466	16
Edmonton	18	7	11	0	382	545	14

x — clinched playoff berth.
y — clinched division title.
Yesterday's result
Toronto 30 Montreal 4
Saturday's results
B.C. 23 Hamilton 21
Saskatchewan 31 Edmonton 23
Friday's result
Calgary 35 Winnipeg 32
End of regular season

WEEK 20

PLAYOFFS

Sunday, Nov. 14
Division Semifinals
East Division
Toronto at Hamilton, 1 p.m.
West Division
B.C. at Saskatchewan, 4:30 p.m.

TRANSACTIONS

HOCKEY

NHL

TAMPA BAY LIGHTNING—Reassigned F Blair Jones and D Mathieu Roy to Norfolk (AHL).

AHL

BRIDGEPORT SOUND TIGERS—Signed F Brandon Svendsen.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	6	2	0	.750	182	130
New England	6	2	0	.750	219	188
Miami	4	4	0	.500	143	175
Buffalo	0	8	0	.000	150	233

SOUTH	W	L	T	Pct	PF	PA
Tennessee	5	3	0	.625	224	150
Indianapolis	5	3	0	.625	217	168
Jacksonville	4	4	0	.500	165	226
Houston	4	4	0	.500	193	226

NORTH	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	175	139
Pittsburgh	5	2	0	.714	147	102
Cleveland	3	5	0	.375	152	156
Cincinnati	2	5	0	.286	146	163

WEST	W	L	T	Pct	PF	PA
Kansas City	5	3	0	.625	183	145
Oakland	5	4	0	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	216	160
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	1	7	0	.125	161	232

SOUTH	W	L	T	Pct	PF	PA
Atlanta	6	2	0	.750	196	154
New Orleans	6	3	0	.667	201	151
Tampa Bay	5	3	0	.625	157	190
Carolina	1	7	0	.125	88	184

NORTH	W	L	T	Pct	PF	PA
Green Bay	6	3	0	.667	221	143
Chicago	5	3	0	.625	148	133
Minnesota	3	5	0	.375	156	168
Detroit	2	6	0	.250	203	188

WEST	W	L	T	Pct	PF	PA
St. Louis	4	4	0	.500	140	141
Seattle	4	4	0	.500	130	181
Arizona	3	5	0	.375	157	225
San Francisco	2	6	0	.250	137	178

WEEK NINE

Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
Yesterday's results
Atlanta 27 Tampa Bay 21
Baltimore 26 Miami 10
Cleveland 34 New England 14
Minnesota 27 Arizona 24 (OT)
New Orleans 34 Carolina 3
N.Y. Giants 41 Seattle 7
N.Y. Jets 23 Detroit 20 (OT)
Oakland 23 Kansas City 20 (OT)
Philadelphia 26 Indianapolis 24
San Diego 29 Houston 23
Green Bay 45 Dallas 7
At Toronto
Chicago 22 Buffalo 19
Tonight's game
(All times Eastern)
Pittsburgh at Cincinnati, 8:30 p.m.

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
Thursday's game
Baltimore at Atlanta, 8:20 p.m.
Sunday, Nov. 14
Minnesota at Chicago, 1 p.m.
Tennessee at Miami, 1 p.m.
Detroit at Buffalo, 1 p.m.
Houston at Jacksonville, 1 p.m.
N.Y. Jets at Cleveland, 1 p.m.
Cincinnati at Indianapolis, 1 p.m.
Carolina at Tampa Bay, 1 p.m.
Kansas City at Denver, 4:05 p.m.
Dallas at N.Y. Giants, 4:15 p.m.
St. Louis at San Francisco, 4:15 p.m.
Seattle at Arizona, 4:15 p.m.
New England at Pittsburgh, 8:20 p.m.
Monday, Nov. 15
Philadelphia at Washington, 8:30 p.m.

Sports in brief

Button credits police driver for his escape

BRAZIL. Formula One world champion Jenson Button said the attempted attack by armed men on his car as he left the Brazilian Grand Prix was a "pretty scary situation," and that he only escaped thanks to the undercover police officer who was driving his vehicle.
THE ASSOCIATED PRESS

Yankees call Lee's agent

BASEBALL The Yankees called Cliff Lee's agent yesterday on the first day of the free-agent negotiating period to say they will be back in touch with an offer for the top pitcher on the market, a baseball official familiar with the conversation told The Associated Press.
THE ASSOCIATED PRESS

Nestor loses in Swiss final

TENNIS. Daniel Nestor of Toronto and Serb Nenad Zimonjic lost the Swiss Indoors final doubles final yesterday 6-3, 3-6, 10-3 to American twins Bob and Mike Bryan.

Roger Federer, meanwhile, reclaimed his hometown title from Novak Djokovic, beating the defending champion 6-4, 3-6, 6-1.

The loss meant Nestor and Zimonjic couldn't stop the Bryans from clinching the year-end No. 1 ATP doubles team ranking.
THE ASSOCIATED PRESS

With little at stake, Argos defeat Als

- Boatmen score first win in Montreal since 2007
- Burlington's Brannagan gets into his first game

Spencer Watt caught his first two touchdown passes of the CFL season as the Toronto Argonauts downed the Montreal Alouettes 30-4 to close the regular season yesterday with a game that meant nothing in the standings.

Dwayne Wright ran in a TD for the Argonauts (9-9), who had not won in Montreal since Oct. 20, 2007. Grant Shaw booted three field goals, including a season-longest from 51 yards.

With just under seven minutes left, Danny Brannagan of Burlington went in for the Argonauts to become the first Canadian quarterback to take a snap for the Argos since Frank Cosentino in 1969.

His first drive to the Montreal 15 set up a 22-yard Shaw field goal.

PAUL CHIASSON/THE CANADIAN PRESS

▶ Danny Brannagan fires a pass yesterday.

Damon Duval had a field goal and a single for Montreal (12-6).

The Argos finished third in the East Division and will play the Tiger-Cats in Hamilton next Sunday in the division semifinal. The winner of that game will face the first-place Alouettes in the division final Nov. 21 at Olympic Stadium.

A week after Montreal's 37-30 comeback win in Toronto, both teams rested several veterans, as backups and practice roster players were used liberally.

Watt, a 22-year-old rookie out of Simon Fraser University who was in and out of the lineup this season, caught eight passes for 61 yards. **THE CANADIAN PRESS**

30	4
ARGOS	ALS

First Quarter
Tor - TD Watt 50 pass from Lemon (Shaw convert) 10:18
Mtl - Single Duval 19 11:55
Second Quarter
Mtl - FG Duval 14 2:43
Tor - TD Wright 1 run (Shaw convert) 7:00
Tor - TD Watt 34 pass from Bell (Shaw convert) 12:38
Third Quarter
Tor - FG Shaw 47 9:28
Tor - FG Shaw 51 11:46
Fourth Quarter
Tor - FG Shaw 22 12:26

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Ciccarelli admits his goal total may be too high

With his spot in the Hockey Hall of Fame finally secured, Dino Ciccarelli is willing to admit he might not have scored all 608 goals he was credited with during his NHL career.

Toronto Maple Leafs coach Ron Wilson suggested over the weekend that his former teammate took a couple of his goals.

Ciccarelli doesn't deny the story.

"Ronny was a defenceman, kind of a power-play specialist, and we played together in Minnesota," Ciccarelli said yesterday morning during a fan event at the Hockey Hall of Fame. "He claims there was a game where he shot from the point and I deflected it, but he said I never really deflected it. Maybe that 608 should be 606 or 607."

Those are Hall of Fame numbers just the same.

After being passed over for eight years, Ciccarelli will officially be enshrined today alongside women's stars Cammi Granato and Angela James, and builder Jim Devellano. Daryl (Doc) Seaman, a founding owner of the Atlanta (now Calgary) Flames, will be inducted posthumously.

The inductees were also honoured in a ceremony ahead of Saturday's Leafs-Sabres game, and Wilson mentioned his missing goals to Ciccarelli. They spent parts of four seasons together with the Minnesota North Stars.

THE CANADIAN PRESS

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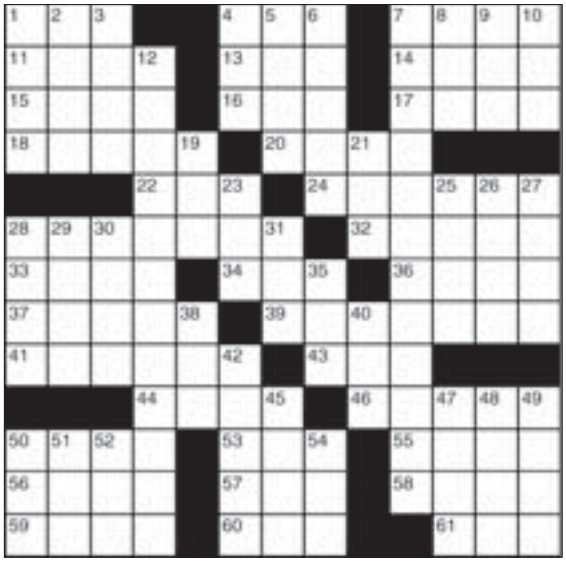

Across

1 "Explain that"
4 Recede
7 PC picture
11 Very excited
13 Book-spine abbr.
14 Undressed
15 — gin fizz
16 Away from WSW
17 Carey or Barrymore
18 Serf
20 Abominable Snowman
22 Steal from
24 Crown
28 Los Angeles team
32 Attack from concealment
33 Jai —
34 Intention
36 Operatic solo
37 Glacial ridge
39 Topic
41 Site of rapid development
43 Sticky stuff
44 Peruse
46 Bit of tomfoolery
50 Head light?
53 Old soldier
55 Franc replacement
56 Acknowledge
57 37-Across material
58 Winter forecast
59 Stitched
60 Female deer
61 Type measures

Down

1 Corned beef dish
2 Lecher's look
3 Warm fabric
4 Enos' granny
5 Skeletal
6 Evidence a pinprick
7 Harrison Ford role
8 Scoundrel
9 Praise in verse
10 Fresh
12 "Sweet" girl of song
19 Pirouette pivot
21 "— the season ..."
23 Lingerie item
25 Catastrophic
26 Grand story
27 Vegan's no-no
28 Morse code symbol
29 Margarine
30 Pub missile
31 Bro's relative
35 Beer vessel
38 Third letter
40 Squeezing snake
42 Goliath's vanquisher
45 Retro art style
47 Melody
48 Press
49 Bulls' mates
50 Owns
51 Rd.
52 Depressed
54 Golfer's prop

▶ Yesterday's answer

Sudoku

9		2	1				3	
				6				
				7	4			8
7		6			9	4		
8		4				5		2
		1	2			6		9
5			8	2				
				3				
	8				6	1		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	4	2	1	5	9	3	7	8
3	1	7	8	6	2	5	9	4
9	5	8	7	4	3	1	2	6
2	6	1	3	9	8	4	5	7
4	9	3	5	7	6	2	8	1
8	7	5	4	2	1	9	6	3
1	3	6	9	8	5	7	4	2
7	2	9	6	1	4	8	3	5
5	8	4	2	3	7	6	1	9

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You mean world to me and make me think I have everything that I need. I am happy with you, Sue **TEI**

Sweetie, I feel so blessed to have an angel like you in my life. You're truly something special. I love you sooo muchh & I'm gonna cherish you always. Muah! **LOVE, PIECES ;)**

Babe,I hope your birthday is absolutely amazing and I can't wait for you to open my gift. You're amazing and deserve to have an incredible birthday. **<3 RABBIT** *[betcha thought I'd forget ;)]*

SugarBear, I want the whole world to know I love you and cherish every moment we share together. You are my rock, my lover, my best-friend and I look forward to sharing wonderful memories. **LOVE YOUR SNOWANGEL XOXO**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Put yourself in a loved one's hands and let them decide how you are going to spend the day. What you do is of less importance than the fact that you are doing it together.

♉ Taurus April 21-May 21 With Venus, your ruler, moving back into the work and wellbeing sector of your chart today you'll have a lot on your mind. Don't burden yourself with more than you can carry.

♊ Gemini May 22-June 21 A loved one won't be quite so distant emotionally today, which is good news if there have been barriers between you in recent weeks. If they open up to you then you must open up to them as well.

♋ Cancer June 22-July 22 What is right for you may not be right for someone else, and it is of the utmost importance that you remember that today. Make the effort to find out how and why people see things differently.

♌ Leo July 23-Aug.23 You have never been someone who is afraid to rock the boat a little, but now is not a good time to be confrontational, either in your personal affairs or at work.

♍ Virgo Aug. 24- Sept. 22 If you carry on pushing yourself too hard you will regret it later in the week. There is no doubt you are heading in the right direction and there is no doubt you will reach your destination, but you must give it time.

♎ Libra Sept. 23-Oct. 23 There is something you left unfinished a short while ago. Give some thought as to what it might be, then make a serious effort to complete it. Everything else can wait.

♏ Scorpio Oct. 24-Nov. 22 You seem to be of the opinion that you have failed in some way, that you have fallen short of the high standards you set yourself. Even if you have it's no big deal.

♐ Sagittarius Nov. 23-Dec. 21 Go out of your way to be friendly with people you work and socialize with. You don't have to do outrageous favours for them but you do have to recognize that they have dreams just like you.

♑ Capricorn Dec. 22-Jan. 20 Employers and other authority figures will go out of their way to help you today, but a part of you doesn't quite believe they are being honest about their intentions.

♒ Aquarius Jan. 21-Feb. 18 Do what feels good to you and, if others don't like it, do it some more! You have never been afraid to take a few risks and today you will test the boundaries. As far as you're concerned there are no boundaries.

♓ Pisces Feb. 19-March 20 You may be tempted to bury your feelings where no one can find them. That would be a mistake. You can't keep your desires secret indefinitely.

SALLY BROMPTON

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